

# Changing our Worldview on Disability: A Comprehensive Clinical Review of the Co-Existence of Dependency and Traditional Disabilities

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# Substance Abuse: Disease, Disability or Disaster

# Substance Abuse

## ◆ Disease

- The commonly accepted D & A model

## ◆ Disability

- The VR Model
- Broader model incorporating multiple facets

## ◆ Disaster

- Certain to occur if rehab plans ignore substance abuse or if substance abuse plans ignore broader issues

# Substance Abuse as a Disability

- ◆ Legally Defined
- ◆ Clinically Defined
- ◆ Life-Long Endurance
  - Exacerbations
  - Remissions
- ◆ Exists on a Continuum
- ◆ Impacts Self-Esteem and Self-Concept

# Substance Abuse as a Disability

- ◆ **Creates Deficits in Basic Functioning**
- ◆ **Effects all Elements of Life**
  - Home
  - Job
  - Family
  - Health
  - Education
- ◆ **Treatable Thru Individualized Rehabilitation**

# Co-Existing Disabilities

- ◆ **Simultaneous Occurrence of a Substance Abuse Disability and a “Traditional Disability”**
- ◆ **Primary Substance Abuse Disability**
- ◆ **Primary “Traditional Disability”**

# Prevalence of Co-Existing Disabilities

- ◆ Physical Disabilities
  - TBI
  - SCI
- ◆ Sensory Disabilities
  - Deafness
  - Visual Impairment
- ◆ Developmental Disabilities
  - Mental Retardation

# Prevalence of Co-Existing Disabilities

## ◆ **Mental Illness**

- **Schizophrenia**
- **Bipolar Disorders**
- **Personality Disorders**

## ◆ **Learning Disabilities**

# Screening Devices

Since your 18th Birthday	Alcoholic n=68	Social Drinker n=68
Fractures/ Bone Dislocations	60	28
Injured in Traffic Accident	40	18
Injured your Head	58	16
Injured in a Fight	47	6
Injured after Drinking	60	3
	Benshoff, SIUC, 2003	

# Empowerment: A Basic Rehabilitation Premise

- ◆ **Shift from a dependence model to an independence model**
- ◆ **For individuals with co-existing disabilities, implies a double shift away from chemical dependence and a dependence creating disability role.**
- ◆ **Empowerment implies the existence of opportunity for people and the ability to move towards that opportunity.**
- ◆ **Empowerment is a sequential, developmental process aimed at creating independence.**

# Models of Empowerment

- ◆ Peer Self-Help
- ◆ Independent Living Model

# Issues in Empowerment

- ◆ **Treatment**
- ◆ **Developing Recovery Skills**
- ◆ **Developing New Relationship and Communication Skills**
- ◆ **Developing Positive Counselor Attitudes and Actions**

# Strategies for Counseling Success

- ◆ **Be willing to recognize this is a problem**
- ◆ **Examine your own attitudes and beliefs**
- ◆ **Ask!!!**
- ◆ **Assess: The Cage questionnaire is helpful**
- ◆ **Be prepared for denial**
- ◆ **Be persistent**
- ◆ **Substance abuse problems rarely ever fix themselves and are a significant contributor to rehabilitation plan failure**

# Functional Assessment

- ◆ Moving Beyond Diagnosis  
What does diagnosis tell us?
- ◆ Measures purposeful behavior in interaction with the environment
  - Implies the interaction of the individual with the surrounding world

# Purposeful Behavior

- ◆ Physical, Cognitive Or Emotional Capacity
- ◆ Task or Skill Performance
- ◆ Social Role Performance

# Functional Capacity

- ◆ The degree of ability to perform specific roles or tasks expected of an individual in a social environment
  - Social environment includes all of the environments in which the individual interacts
    - ◆ Home
    - ◆ Work
    - ◆ School

# Functional Limitations

- ◆ Represent an inability to meet standards in anatomical, physiological, psychological or mental areas of functioning
- ◆ Functional Limitations lead to
  - Reduced behavioral skills
  - Reduced task performance
  - Deficits in social role functioning

# Disability

- ◆ A condition of physical or mental impairment having an objective aspect
  - Mental Impairment
    - ◆ Cognitive
    - ◆ Psychological
    - ◆ Emotional
    - ◆ Substance Abuse
  - Objective Aspect: Capable of being diagnosed; Visible and Invisible

# Handicap

- ◆ The cumulative result of the obstacles which disability imposes between the individual and maximum functional performance
  - Global
  - Situational

# Essential Domains of Functional Assessment

- ◆ Physical
- ◆ Drug and Alcohol
- ◆ Psychological
- ◆ Social
- ◆ Educational
- ◆ Vocational
- ◆ Legal
- ◆ Recreational

# Physical Domain

- ◆ Acute problems
- ◆ Chronic problems
- ◆ Limitations and Capacities

# Drug and Alcohol Domain

- ◆ Consumption history
  - Legal
  - Illegal
  - Non-Problematic
  - Problematic
  - Age of onset of use/abuse/dependence
- ◆ Perception of Role of D & A in Life

# Psychological Domain

- ◆ Emotional Status
- ◆ Developmental Status
- ◆ Behavioral Status
- ◆ Intellectual Status
- ◆ Cognitive Status

# Social Domain

- ◆ Family Background
- ◆ Social Networks
- ◆ Environmental Background
- ◆ Religious Background
- ◆ Spiritual Background

# Educational Domain

- ◆ Educational History
- ◆ Capacity for Further Education
- ◆ Perception of the Importance of Education
- ◆ Presence of Educational Disabilities

# Vocational Domain

- ◆ Vocational History
- ◆ Knowledge of World of Work
- ◆ Vocational Interests
- ◆ Informal Vocational History
- ◆ Military History
- ◆ Reliance on Economic Support Systems

# Legal Domain

- ◆ Current Legal Status
- ◆ Past Legal History

# Recreational Domain

- ◆ Leisure Skills
- ◆ Social Network
- ◆ Hobbies, etc.

# The CAGE Questionnaire

- ◆ A Quick, Rough Screening Device
  - For Alcohol Problems Only
- ◆ Two or More Affirmative Responses Suggests Problematic Drinking
- ◆ Follow-up with More In-depth Assessment

# The CAGE Questionnaire

- ◆ Have you ever felt the need to Cut-down on your drinking?
- ◆ Do people get Angry or Annoyed at your drinking?
- ◆ Do you ever feel Guilty about your drinking?
- ◆ Do you ever drink an Eye-opener in the morning to relieve the shakes?

# Benshoff's Treatment Axiom

**Give Something Back if You  
Take Something Away!!!!!!**